

Speaking Well In Public

With **Philippa Hammond**

Management Learning
and Development Consultant
Teacher of Public Speaking Skills
Inspirational Speaker
Actor and Voice Artist



Press Release For Publication

Confident Public Speaking

Beat the fear and speak with Philippa Hammond

Headlines

Learn speaking well in public
Beat your public speaking nerves
Learn to speak with confidence
How do you feel about public speaking?
Our number one fear: public speaking
Talking Speaking
Speak Easy

Speaking well in public is a vital skill for business – yet public speaking often comes top of the list when it comes to our greatest fears.

Many people are thrown in the deep end with no training at all.

Brighton actress, trainer and teacher of confident public speaking Philippa Hammond has the answer.

She's worked with firefighters who are terrified of public speaking. She's trained doctors, psychologists, trainers, engineers, customs officers and lawyers, who all suffer the effects of public speaking nerves.

She uses her acting and training skills to help them pinpoint why they get nervous, what happens to them, and what they can do to combat those nerves and develop new confidence.

Now Philippa has chosen the beautiful Victorian five-star Claremont in Hove as the venue for a series of one day Confident Public Speaking courses for Spring 2015.

"I'm constantly being asked if I run open courses, so I've decided to do just that. These new courses will go beyond the one-to-one tuition and corporate courses I usually give, and they're open to everyone.

We're taking only a few people on each course, so everyone gets a chance to practice their skills in front of the other members.

I wanted a relaxed atmosphere rather than a bland office room, so the Victorian history of the Claremont makes it the ideal venue.

While working with members of the Fire and Rescue Service, I found that although fire-fighters would risk their own lives to enter a burning building, they were often visibly shaking when asked to speak in public.

I realised then that it's not about courage, and that there's no magic cure for nerves. It's all to do with understanding and practising a simple set of skills.

When people feel confident they start to project confidence, and inspire confidence in themselves and their business.

Anyone can learn to speak in public. It's essential for career and business today, great for boosting your confidence - and it can be fun."

Philippa Hammond

About Philippa

Philippa's corporate training and theatrical background gives her a unique insight in training clients to deal with nerves, develop confidence and use voice and body-language for personal and professional presence.

She comes from a theatrical family, and went on to read English Literature at university. She has produced and performed in shows at the Edinburgh Festival, appears in plays, cabaret and film and is an accomplished voice artist.

She has trained airline staff round the world in anti-fraud techniques, UK government officials in investigative interview skills, and leadership and management development programmes in the City.

She is a winner of the Plain English Campaign's Inside Write award for her writing on handling nerves.

Interviewed on BBC Radio Five Live about 2014's 'Jamaica Inn' mumbling controversy.

Her business, Speaking Well in Public, is dedicated to teaching public speaking for business, performance and social occasions.

About Philippa's new Confident Public Speaking courses

Philippa has created a new one-day course for anyone who wants to discover why we get nervous, what nerves do to us and what we can do to overcome them and develop a confident speaking style.

Ideal for beginners, for brushing up the basics and developing confidence.

New dates: March 26th , April 20th
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Photographs are available

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